



Heritage Center

The Heritage Center is 55+

August 2013 Supplement

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Program Reminders

Podiatrist—Thurs.,
 August 22.

Classes—Health At
 Every Size Friday, Au-
 gust 2—10:30. Defen-
 sive Driving Monday,
 August 26—9:30-2:30.

Movies—Mondays 1:00.

Trips: Springville
 World Folkfest Thurs-
 day, August 1. Cost \$10.
 Payson Salmon Supper
 is sold out. Wendover
 Thursday, August 8.
 Cost \$17—8:30. Shake-
 speare Festival August
 27-29, \$250 double.

**Attorney Consulta-
 tions**—Wed., Aug. 14—
 11:00-1:00.

Jam Session—Thurs.,
 August 15—3:30.

Massages—Friday af-
 ternoon.

Barbershop—Tuesday
 mornings.

Exercise Classes—
 Something everyday!

Top Brass performs August 12 at 7:00 PM

The evening family con-
 certs continue with "Top
 Brass" performing on
**Monday, August 12 at
 7:00 PM.** The concert is
 free and all ages are wel-
 come. Come early for a
 piece of birthday cake
 (Susan's birthday).

This versatile group of
 brass musicians has per-
 formed together since the
 fall of 1993. They have
 performed at weddings,
 graduations, concerts,
 educational clinics, con-
 ventions, conferences,
 concerts, the Utah Arts
 Festival, Arts Incorpo-
 rated school assemblies,
 park events, parades,
 First Night and other spe-

cial events. Top
 Brass is as comfort-
 able playing jazz and

**Top Brass has top
 Utah musicians!**

Broadway music as
 it is the more classi-
 cal and traditional brass
 quintet literature. Mem-
 bers of the ensemble
 have written numerous
 custom arrangements
 and original compositions
 which have been per-
 formed live and on com-
 pact disk recordings. The
 instrumentalists have
 strong backgrounds in



music education and mu-
 sic performance.

Top Brass has an exten-
 sive library of music from
 which they can select mu-
 sic to fit specific events,
 or even provide custom-
 ize arrangements of mu-
 sic for special occasions
 upon request. Come and
 enjoy the show!

Water—why we need it—Friday, August 16—10:00

Dr. Keith Stevens, Acu-
 puncturist, will discuss
 the benefits of drinking
 plenty of water on **Fri-
 day, August 16 at
 10:00.**

The Salt Lake Valley
 has been hit with one of

the hottest summers on
 record!

Learn the signs and
 symptoms of dehydra-
 tion and how you can
 actively participate in
 your own wellness. Dr.
 Stevens, Oriental Medi-

cine Doctor and Li-
 censed Acupuncturist
 has a holistic approach
 to health and wellness.
 Learn how to restore
 harmony and peace to
 your mind and body.
 This is a free class, sign
 up now.



**The Breakfast Café is open every Monday from 10:00-12:00 on
 the patio or eat inside. Stop by for Waffles and Berries, Omelets,
 or Eggs any style! Pick from a special menu with something for
 everyone to enjoy.**



**August
2013**

Heritage Center Events

Heritage Center

#10 E. 6150 S.

(west of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM

MONDAY

TUESDAY

Breakfast is served Mondays 10:00-12:00.
Lunch is served Tuesday-Friday 11:30-12:30
Make your meal selection, then pay.

9:00 NIA
9:30 IMC Quilters
10:00 Brunch Café
1:00 Movie
1:00 Bridge
2:00 Strength Conditioning

5

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30 Lunch
12:30 Exercise
12:45 Crafts
2:00 Beginners Line Dancing

6

7:30 Fox Hollow/ Golf
9:00 NIA
9:30 IMC Quilters
10:00 Brunch Café
1:00 Movie
1:00 Bridge
2:00 Strength Conditioning
7:00 Family Concert
Top Brass

12

8:30 Ceramics
9:00 Stretch / **No Haircuts**
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30 Lunch
12:30 Exercise
12:45 Crafts
2:00 Beginners Line Dancing

13

9:00 NIA
9:30 IMC Quilters
10:00 Brunch Café
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

19

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30 Lunch
12:30 Exercise
12:45 Crafts
2:00 Beginners Line Dancing

20

7:30 Davis Park/Golf
9:00 NIA
9:30 IMC Quilters
9:30 AARP Driving Class
10:00 Brunch Café
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

26

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30 Lunch
12:00 Shakespeare Festival
12:30 Exercise
12:45 Crafts
2:00 Beginners Line Dancing

27

WEDNESDAY		THURSDAY		FRIDAY	
		<div>1</div> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30 Lunch 12:30 Happy Hatter's 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 5:00 Springville Folkfest 7:00 Dance		<div>2</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 10:30 Healthy At Every Size 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 1:00 Bingo 1:00 Bridge 2:30 Payson Salmon Supper	
<div>7</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30 Birthday/Lunch 1:00 Bingo 1:00 Bridge 1:00 Wii Wednesday		<div>8</div> 8:30 Ceramics 8:30 Wendover 9:00 Stretch & Tone 10:30 Tai Chi 11:30 Lunch 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 6:00 Dinner Dance 7:00 UTE RC /Dance		<div>9</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 1:00 Bingo 1:00 Bridge	
<div>14</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 11:30 Lunch 1:00 Bingo 1:00 Bridge 1:00 Wii Wednesday		<div>15</div> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 10:30 Medicare Class 11:00 Blood Pressure 11:30 Lunch 12:30 Happy Hatter's 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 3:00 Jam Session 7:00 Dance		<div>16</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 10:00 Water Health Class 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 1:00 Bingo 1:00 Bridge	
<div>21</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 1:00 Bingo 1:00 Bridge 1:00 Wii Wednesday		<div>22</div> 8:30 Ceramics 9:00 Stretch & Tone 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30 Lunch 12:30 Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance		<div>23</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 1:00 Bingo 1:00 Bridge	
<div>28</div> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 1:00 Bingo 1:00 Bridge 1:00 Wii Wednesday		<div>29</div> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30 Lunch 12:30 Exercise/Mexican Train 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance		<div>30</div> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 1:00 Bingo 1:00 Bridge	

Grief Support

Intermountain Senior Clinic will hold a six week Grief Support Group starting on Tuesday, August 6 from 4:00-5:00. The group will meet at the Senior Clinic located at 5770 South 250 East, Suite #210. Please call 801-314-4550 to register.

Are you or a loved one struggling with the loss of a spouse or partner? You are invited to participate in this class taught by Kay Simons, LCSW.

Medicare Class

Do you ever find yourself struggling to read and understand your Medicare Bills or statements? Well there is hope! On **Thursday, August 15** at **10:30**, Deb Scott from the SHIP Program will be at the Center to answer all your questions. The State Health Insurance Assistance Program, or SHIP, is a Federal grant program that helps States enhance and support a network of local programs, staff, and volunteers. Through one-on-one personalized counseling, education and outreach, this network of resources provides accurate and objective information and assistance to Medicare recipients and helps them to better utilize their Medicare benefits.

Do you understand the notices you receive in the mail showing payment by your insurance? Do you know the significance of reviewing the notices? Do you know the difference between a Medicare Summary and an Explanation of Benefits? If you answered "No" to these questions, join us and learn about MSN's and EOB's on Thursday, August 15 at 10:30. This is a free class, sign up now.



18 Hole Golf Tournaments

Monday Morning Shot Gun Start

August 12—7:30—Fox Hollow—\$43

August 26—7:30—Davis Park—\$45

September 9—8:00—Talons Cove—\$38

September 23—8:30—Meadowbrook—\$37

September 30—5:00—Year End Banquet \$5-8

Open House coming in September

Mark your calendar for the Center's Annual Open House on **Monday, September 9 from 4:30-8:00** when we celebrate National Senior Center Month. Enjoy dinner and entertainment by the *Great Basin Street Band* and a special display showing off the talents of the many participants who attend the Center. Heritage participants are being asked to submit one exceptional item that they have created over their lifetime for the display. If you have a talent you'd like to share by putting something in the display, visit or call the Center for more details. Our objective is to show off your talents!

The Art Truck, belonging to the Utah Museum of Contemporary Art, will be located in our parking lot from 4:30-6:30 for our Open House on Monday, September 9th. The Art Truck is recognized as the best educational program in the State of Utah as it brings exciting and accessible contemporary art, created by leading local and national artists, directly to community venues along the Wasatch Front. The Art Truck is accompanied by a teaching guide and a professional educator who will walk you through the experience. On display will be the works of Carlos Rosales-Silva, a contemporary artist from Austin, Texas whose paintings, photos, sculptures and drawings investigate themes of borders, diversity and identity. Everyone is welcome to go through and experience his unique works of art that evening.

Bring family and friends for dinner, tour the Center, visit the exhibits and enjoy the 7:00 PM evening performance by the Great Basin Street Band. Complete Rib Dinner & Peach Cobbler for \$6 or family of 4 for \$20. Mark your calendar for September 9th and help us celebrate National Senior Center Month.



No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose a salad
or sandwich.

AUGUST 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event

Lunch is served anytime between 11:30-12:30.

Pay and make your selection when you are ready to eat.

Prices range from \$2.00-\$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Choices - Main Entree \$4 - Chef Special (varies) - Salad \$2 or \$4 - Sandwich \$2 or \$4 - Soup (seasonal) \$2 or \$4			GREEN CHILE PORK ENCHILADAS Cilantro Salad Mocha Tres Leches Cake or Fruit	POT ROAST Mashed Potatoes & Gravy, Veggies, Chocolate Raspberry Cream Cake or Fruit
BRUNCH CAFE 10:00 - 12:00	TUNA CAKES Rice Pilaf Veggies Praline Brownies or Fruit	PHILLY CHEESESTEAKS Summer Berry Salad Butterscotch Peach Cobbler or Fruit	BBQ CHICKEN SALAD Fruit Cookies & Cream Cookies or Fruit	TRADER'S CHICKEN Baked Potato, Spinach Casserole, Mint Chip Cupcakes or Fruit
BRUNCH CAFE 10:00 - 12:00	PRETZEL DOGS Chips, Strawberry Bacon Salad, Fruity Pebble Cupcakes or Fruit	BOURBON PORK OVER RICE Veggies Buckeye Brownies or Fruit	HONEY GARLIC CHICKEN Cheddar Beer Macaroni, Veggies Apple Upside Down Cake or Fruit	HERBED TILAPIA Rice Pilaf Veggies Strawberry Shortcupcake or Fruit
BRUNCH CAFE 10:00 - 12:00	CURRY CHICKEN HAYSTACKS Over Rice, Broccoli, Peanut Butter Cookies or Fruit	VEAL CUTLETS Mashed Potatoes and Gravy, Veggies Coconut Rum Cake or Fruit	PROSCIUTTO & ASPARAGUS PASTA Roasted Veggies Salted Caramel Pecan Bars or Fruit	CHICKEN BLT SANDWICH Cobb Salad Fruit Cuban Sugar Cookies or Fruit
BRUNCH CAFE 10:00 - 12:00	STEAK SALAD HORSERADISH DRESSING Garlic Toast Chocolate Cannoli Bites or Fruit	STUFFED BURGERS Chips & Slaw Lime Cream Cheese Cake or Fruit	MARGARITA CHICKEN Baked Corn & Fruit Butterfinger Cupcakes or Fruit	PORK TAMALES Rice & Beans Cilantro Salad Snickers Cake or Fruit